

## **MENTAL HEALTH RESOURCES FOR STUDENTS**

### **24/7 Hotlines / Crisis Support**

- **988 Suicide & Crisis Lifeline:** Dial 988 or call 1-800-273-8255
  - **Crisis Text Line:** Text HOME to 741741
  - **SAMHSA National Helpline:** 1-800-662-HELP (4357)
  - **National Sexual Assault Hotline:** 1-800-656-HOPE (4673)
  - **National Domestic Violence Hotline:** 1-800-799-SAFE (7233)
  - **The Trevor Project (LGBTQIA+):** 1-866-488-7386 or text START to 678678
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### **Mental Health Resources**

- **NYC Well:** Call 1-888-NYC-WELL | Text WELL to 65173 | [nycwell.cityofnewyork.us](https://nycwell.cityofnewyork.us)
  - **Mental Health Apps:** [Calm](#) , [Insight Timer](#) , [Headspace](#) , [Moodpath \(now MindDoc\)](#)
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### **Find a Therapist / State Resources**

- **Psychology Today Therapist Finder:** [www.psychologytoday.com](https://www.psychologytoday.com)
  - **New York Mental Health Resources:** <https://omh.ny.gov/>
  - **Connecticut Resources:** <https://portal.ct.gov/dmhas>
  - **New Jersey Resources:** <https://www.state.nj.us/humanservices>
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### **Telehealth Platforms (Many Insurances Accepted)**

- **Charlie Health:** [www.charliehealth.com](https://www.charliehealth.com) (intensive outpatient treatment; groups/ individual)
  - **LifeStance Health:** [www.lifestance.com](https://www.lifestance.com) (in-person & virtual care)
  - **Vita Health:** [www.vitahealth.care](https://www.vitahealth.care) (therapy & psychiatry)
  - **Talkiatry:** [www.talkiatry.com](https://www.talkiatry.com) (psychiatry)
  - **Talkspace:** [www.talkspace.com](https://www.talkspace.com) (psychiatry & therapy)
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## Local Mental Health Clinics (Westchester Area)

- [WJCS](#) – 845 N Broadway, White Plains, NY | (914) 761-0600 | [www.wjcs.com](http://www.wjcs.com)
  - [MHA of Westchester](#) – 29 Sterling Ave, White Plains, NY | (914) 345-0700 ext. 7350 |
  - **RDC Center for Counseling** – 52 N Broadway, White Plains, NY | (914) 949-0504
  - [Alssaro Counseling Services](#) – 481 Main St, New Rochelle, NY | (914) 355-2440 |
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## Psychiatric Medication Management

- [LifeStance Health](#): Offers psychiatric evaluations and medication management (telehealth and in-person) – [www.lifestance.com](http://www.lifestance.com)
  - [WJCS](#): Offers psychiatric care as part of their clinical services – (914) 761-0600
  - [MHA of Westchester](#): Psychiatric evaluations and med management available – (914) 345-0700
  - [Access NY \(formerly NYC Well\)](#): Can refer you to psychiatric services in NYC – 1-888-NYC-WELL
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## Support Groups & Substance Use Recovery

- **Alcoholics Anonymous (AA)**: [www.aa.org](http://www.aa.org) – Search for meetings by ZIP code
- **Narcotics Anonymous (NA)**: [www.na.org](http://www.na.org) – Local meeting search
- **SMART Recovery**: [www.smartrecovery.org](http://www.smartrecovery.org) – Evidence-based group support
- **The Phoenix**: [www.thephoenix.org](http://www.thephoenix.org) – Free sober active community with virtual/in-person events
- **Al-Anon/Alateen**: [al-anon.org](http://al-anon.org) – For families and friends of people with substance use concerns
- **NAMI Support Groups**: [nami.org/Support-Education](http://nami.org/Support-Education) – Peer-led groups for those living with mental health conditions
- **SAMHSA Treatment Locator**: [www.findtreatment.gov](http://www.findtreatment.gov) or call 1-800-662-HELP (4357)